

Go'doon Guri iyo Baadhitaanka COVID-19

Waa inaad kaligaa guriga isku go'doomisaa inta aad sugeyso natiijooyinka baaritaankaaga
You must self-isolate at home while waiting for your test results

Baaritaanka Kaddib (After testing):

- Bilaw is-go'doominta isla markiiba.
Toos u tag guriga oo sii joog, marka laga reebo haddii aad u baahan tahay daryeel caafimaad oo degdeg ah.
- Jooji ballamaha haddii aysan ahayn sabab caafimaad oo degdeg ah mooyaane.
- Is kala sooc dadka kale ee gurigaaga.
- Ha aadin shaqada, iskuulka, ama meelaha dadweynaha (sida bakhaarada, dukaamada laga dukaameysto, maqaayadaha, iyo meelaha lagu cibaadeysto)
- Fiiri bogga 2d wixii intaa ka badan sida la isku go'doomiyo.

Sida aad u heleyso natiijadaada: (How to get your test results):

- **Qoraal ahaan** results.bccdc.ca
Aad bogga ama skan lambarkan QR ka
- **Health Gateway** healthgateway.gov
Natiijooyinka qoraalka ama emaylka ee loogu talagalay qof kasta oo leh Kaarka Adeegyada sawirka le ee B.C
Aad Bogga ama ama skan lambarkan QR ka
- **Caafimaadkayiga internetka** (da'da 16 iyo wixii ka weyn) myehealth.ca
- **Khadka natiijooyinka xun ee COVID-19 ka**
8:30 a.m. ilaa 4:30 p.m. maalintiiba/daily **1-833-707-2792**

QR code



Ogow: Shaqaalaha Xarunta Uruurinta baadhitaanka ee COVID-19 ayaan marin u helin natiijooyinka.

Haddii COVID-19 ka lagaa helo (If you test positive for COVID-19):

Sii wad is go'doominta sida kor ah.

[Buuxi Foomka COVID-19 ka iyo xiriirkaaga.](#)

Ogeysii dhammaan dadka aad la xiriirto ee reerka ah in COVID-19 lagaa helay. Ka codso inay is go'doomiyaan iyo is baaraan haddii ay bilaabaan inay la kulmaan astaamo.

Caafimaadka Dadweynaha ayaa kula soo xiriiri doona adiga iyo dadka aad xiriirka dhow la leedahay iyadoo lagu siinayo tilmaamo.

Waa inaad gooni isu ahaataa ugu yaraan 10 maalmood laga bilaabo maalinta ugu horreysa ee aad calaamado yeelatay.

Waxaa laga yaabaa inaad qufacdo dhowr toddobaad Haddii aad si kale dareento wanaag, qufac kaligiis maahan sabab aad isku go'doomiso wax ka badan inta Caafimaadka dadweynuhu ay kuu sheegeen.

Foomka COVID-19
kiyo xiriirkaaga
QR code



Haddii COVID-19 ka lagaa waayo (If you test negative for COVID-19):

Sii wad inaad is go'doomiso oo aad kormeerto astaamahaaga. Dib ha u bilaabin waxqabadyadaadii caadiga ahaa illaa aad calaamado la'aan ka ahaato.

Haddii calaamadahaagu ka sii daraan ama ay sii fiicnaan waayaan 5 ilaa 6 maalmood kadib markii aad bilowday dareen fiicnaan la'aanta, wac mid ka mid ah meelahan

- Daryeelka caafimaadka xagga teleefanka ee Fraser (1-800-314-0999)
- HealthLinkBC 8-1-1
- Dhakhtarkaaga caafimaad
- Xarun Daryeel Degdeg ah iyo Aasaasi ah (Meelaha: fraserhealth.ca/urgentcare)

Caafimaad degdeg
QR Code



Haddii aad ka walwalsan tahay inaad la kulantid xaalad caafimaad oo deg deg ah, wac 9-1-1 (tusaale ahaan - waxaad dhibaato weyn ku qabtaaneefsashada ama xanuunka xabadka).

Sida la isku go'doomiyo How to self-isolate

Gacmahaaga dhaq (Wash your hands)

- Dhaq gacmahaaga marrar badan. Adegso saabuun iyo biyo, iyo xoqin ugu yaraan 20 sekan. Gacmaha ku qallaji tuwaallo waraaq ah, markii ay suuroggal tahay..
- Haddii aadan gacmahaaga ku dhaqi karin saabuun iyo biyo, isticmaal gacmo nadiifiye (aalkolada gacmaha lagu tirtiro ee alkolada leh).
- Isku day inaad gacmahaaga aan la dhaqin ku tabanin indhahaaga, sankaaaga, iyo afkaaga.

Xiro maaskaro (Wear a mask)

- Xiro maaskaro markii aad isla qol kula jirto dadka kale. Haddii aadan haysan weji dabool, isticmaal nooc dabool wejiga ah inaad ku daboolo sankaaaga iyo afkaaga.
- Xiro maaskaro haddii ay qasab kugu tahay inaad gurigaaga uga tagto daryeel caafimaad oo deg-deg ah.
- Haddii maaskaro qoyan yahay ama wasakh yeesho, ka saar, gacmaha iska dhaq oo mid cusub saar.

Ka hor wac intaad daryeel caafimaad aadin (Call ahead before going for medical care)

- Haddii aad u baahan tahay daryeel caafimaad, sabab kasta ha noqotee, ka hor wac ee ogeysii in lagaa baaray COVID-19 iyo natijadu waxa ay tahay

Dabool qufacaaga iyo hindhisadaada (Cover your coughs and sneezes)

- Afkaaga iyo sankaaaga ku dabool masar warqad ah markii aad qufacayso ama aad hindhisto.
- Dhaq gacmahaaga isla markaaba.
- Haddii aadan haysan warqad, ku qufac ama ku hindhis cududkaaga (gacantaada maha).
- Ku tuur dhammaan waraaqooyink afka iyo gacanta loo isticmaalay bac yaalla qolkaaga.
- Si aad u tuurto bacda, xir, oo la tuur qashinka kale ee guriga.

Ha la wadaagin waxyaabaha guryaha yaalla (Do not share household items)

- Ha la wadaagin suxuunta, maacuunta wax lagu cuno, shukumaannada, gogosha, ama waxyaabo kale dadka kale.
- Kadib markaad isticmaasho walxahaas, ku dhaq saabuun iyo biyo kulul.

Naftaata ka sooc dadka kale (Separate yourself from other people)

- Isku day inaad ka fogaatid ugu yaraan 2 mitir (6 fiit) kuwa kale.
- Weydiiso qof kasta oo kula nool inuu ku noolaado meel kale, haddii ay suurtagal tahay, inta aad go'doon tahay. Tani waxay si gaar ah muhiim ugu tahay qof kasta oo qaba xaalad caafimaad oo raag ama nidaam daciifnimo ah.
- U sheeg qoyska iyo saaxiibbadaa inaysan ku soo booqan.
- Haddii ay tahay inaad ku noolaato guri la wadaago:
 - Kaligaa fadhiso qolkaaga, oo ay kujirto markii aad hurudo.
 - U adeegso qol daaqad leh dhinaca banaanka oo loo furi karo hawo-mareenka.
 - Adeegso musqul gaar ah, haddii ay jirto.
 - Xiro maaskaro markii aad isla qolka kula jirto dadka kale.

Nadiifi dusha sare ee sijoogto ah loo taabto (Clean frequently touched surfaces)

- Ku nadiifi sagxadaha dushooda marwalba la taataabto maalin kasta nadiifiye guriga ama warankiilo la qasay (4 qaado ah [20mL] oo warankiilo 1 litir oo biyo ah) Tusaalooyinka sagxadda: Xirmooyinka, miisaska, go'yaasha musqulaha, miisaska musqusha, musqulaha, taleefannada, batoonada, kiniiniyada, iyo miisaska sariirta.

Haddii aad qabtid wax su'aalo ah:

- Wac HealthLinkBC. 8-1-1
Waxay furantahay 24ka saacadood maalintii, 7 maalmood usbuuci.
Waxaa lagu heli karaa 130 luqadood. Wixii turjubaan ah, luqaddaada Ingiriisiga ku dheh. Sug ilaa turjubaan ka yimaado taleefanka.
Xusuusnow: Tan samee sidoo kale marka wacayso Khadka-natijada xun ee Covid-19.
- Wac dhakhtarkaaga.
- Daryeelka caafimaadka xagga teleefanka ee Fraser 1-800-314-0999

Nambarka loo yaqaan 'QR code' (oo loogu talagalay 'jawaabta degdegga ah') waa nooc lambar barcode oo aad ku masawiri karto kamaradda qalabkaaga smart. Marka la sawiro, waxay kugu geynaysaa boggaas.

www.fraserhealth.ca

Macluumaadkan ma badaleyso talobixintii uu ku siiyay bixiyaha xanaanada caafimaadkaaga.